

2019 Red Cross Lifeguarding Training Class
Winter Session: February 19 to March 9, 2019
Attendance at ALL Lifeguarding Training Classes is MANDATORY
There are no make-up lessons for this class

Class One – Tuesday, February 19

Introduction – Classroom 6:00-6:30

Prerequisite skills test – Pool 6:30-7:30

- Swim 300 yards continuously using front crawl and breaststroke.
- Tread water for 2 minutes using only the legs.
- Brick retrieval timed event – 1 minute, 40 seconds.

Class 7:30-9:15

Lesson 1 – The Professional Lifeguard and Facility Safety

Reading assignment: Chapters 1 and 2

Class Two – Thursday, February 21

Class 6:00-7:30 Pool 7:30-9:15

Lesson 2 – Patron Surveillance, Injury Prevention and Entries and Approaches

Reading assignment: Chapters 3 and 4

Class Three – Saturday, February 23

Class 3:00-4:00 Pool 4:00-8:00

Lesson 3 – Emergency Action Plans and Rescue Skills, Part 1

Lesson 4 – Rescue Skills, Part 2

Reading assignment: Chapters 5 and 6

Class Four – Tuesday, February 26

Class 6:00-8:00 Pool 8:00-9:15

Lesson 5 – Before Providing Care, Victim Assessment and Breathing Emergencies

Reading assignment: Chapters 7 and 8

Class Five – Thursday, February 28

Class 6:00-8:00 Pool 8:00-9:15

Lesson 6 – Cardiac Emergencies and Using an AED

Reading assignment: Chapter 9

Class Six – Saturday, March 2

Class 3:00-4:00 Pool 4:00-8:00

Lesson 7 – First Aid

Lesson 8 – Head, Neck and Spinal Injuries

Reading assignment: Chapters 10 & 11

Class Seven – Tuesday, March 5

Class 6:00-8:00 Pool 8:00-9:15

WRITTEN EXAM: CPR/AED for Professional Rescuers and First Aid

WRITTEN EXAM: Lifeguarding Skills

Lesson 9 - Administering Emergency Oxygen

Lesson 10 - Waterfront skills and Waterpark skills

Review all chapters for exams

Class Eight – Thursday, March 7

Class 6:00-7:30 Pool 7:30-9:15

WRITTEN EXAM: Admin. Emergency Oxygen

WRITTEN EXAM: Waterfront Skills

WRITTEN EXAM: Waterpark Skills

Rescue skills review

Class Nine – Saturday, March 9

Pool 8:00am-1:00pm

Final In-Water Skills Scenarios

Students must participate in all classes to complete the course. Bring a one-piece bathing suit, towel, swim goggles (optional), Lifeguarding Participant manual, pen and paper to all classes. In order to receive certification, students must pass 100% of skills and skill scenarios and pass 80% of the questions on each written exam. Absences will result in non-completion of the course and no certificate will be given. Students must complete the reading assignments before each class (except Class 1.) **Students must be able to open eyes under water and dive to 13 feet.** It is recommended contact lens be removed for in-water activities to prevent loss. To prevent injuries, jewelry and swim goggles may not be worn when practicing rescue skills.

2/04/2019